

I WANT TO QUIT BY _____

Week of: Nov. 17, 2006 Average # of cigarettes smoked last week: 14 This week's goal: 10

Week <u>3</u>	Sun.	Mon.	Tues.	Wed.	Thur.	Fri.	Sat.	Avg.
# of cigarettes smoked	<u>10</u>	<u>12</u>	<u>9</u>	<u>9</u>	<u>11</u>	<u>7</u>	<u>10</u>	<u>9.7</u>

Week of: _____ Average # of cigarettes smoked last week: _____ This week's goal: _____

Week _____	Sun.	Mon.	Tues.	Wed.	Thur.	Fri.	Sat.	Avg.
# of cigarettes smoked								

Don't forget to log on to www.INShape.in.gov and record your progress.

Week of: _____ Average # of cigarettes smoked last week: _____ This week's goal: _____

Week _____	Sun.	Mon.	Tues.	Wed.	Thur.	Fri.	Sat.	Avg.
# of cigarettes smoked								

Week of: _____ Average # of cigarettes smoked last week: _____ This week's goal: _____

Week _____	Sun.	Mon.	Tues.	Wed.	Thur.	Fri.	Sat.	Avg.
# of cigarettes smoked								

To calculate your weekly average, add the number of cigarettes smoked each day, then divide by 7. That's your weekly average. Carry that number to the next week, and try to smoke no more than that number.

Visit www.INShape.in.gov for more information on quitting smoking